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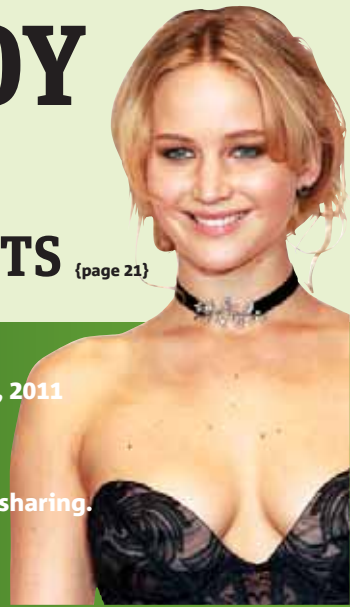
LUNCH RUSH
GET YOUR BEEF FIX AT THIS SANDWICH SHACK {page 24}

TOMBOY JENNIFER LAWRENCE RECALLS ROOTS {page 21}



CALGARY metro®
Tuesday, February 22, 2011
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News worth sharing.

Balancing. Act

▶ Nick Baal helps Luka Baal, 2, get his balance while skating.

RYAN FACTURA/FOR METRO

Enjoying what Family Day has to offer

Families were scattered across the city at various events yesterday, including this one — the Intact Insurance Family Fun Day at the Olympic Oval. To see what else Calgary was up to, check out some photos on page 4.

Pup gets new leash on life

12-week-old dog saved from near death by Albertans {page 3}

260 days of marital sex

Couple institutes five-night-a-week regimen — and blogs about it {page 8}

Calgarians fear worst in Libya

- Security forces have reportedly been using automatic gunfire and tear gas against protesters
- Human rights groups put death toll at more than 230

CAROLINA NOVOTNY
CALGARY@METRONEWS.CA

Calgarian Marwan Elhasy has been on the phone since last night, dialing and dialing, trying to get ahold of his mother and sister currently visiting family in Benghazi, Libya.

Protests against the 42-year-rule of Moammar Gadhafi become increasingly violent, with more than 230 having been killed in the port city of Benghazi and the capital Tripoli, according to reports.

Elhasy, who emigrated from Libya to Canada with his family in 2003, is justly concerned for their safety. "Yesterday, I spoke to my sister and uncle. They were really scared," said Elhasy, who heard shots in the background when he managed to reach them by phone.

"I am sad right now — I can't believe (Gadhafi) would bomb his own people. He is going out there with heavy weapons, planes, shooting the protesters," said Elhasy, who has been closely following events, mainly through Facebook and other social media sites.

State television

▶ **Gadhafi's** son, Saif al-Islam Gadhafi, addressed the nation via state television yesterday. Later in the day, demonstrators set fire to government buildings and attacked state television headquarters in Tripoli.

Elhasy is not alone in his difficulty communicating with people inside Libya. Another Calgarian, Nada Rustomakis, has not heard from her relatives in more than two days. In a show of solidarity for protesters, Rustomakis, a Mount Royal University student, helped organize a protest at city hall this past Saturday and said that with an uncle imprisoned for political reasons she is not surprised by Gadhafi's use of violence. "He's declared war on his people," said Rustomakis, who believes more fatalities are inevitable.

"He has to leave or get captured. He has been there too long."

FOR MORE COVERAGE ON LIBYA, SEE PAGE 10

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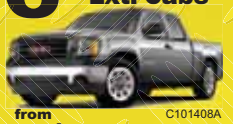

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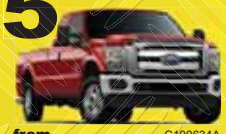

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Sherman targets Alberta's top job

Ousted Tory MLA Raj Sherman made it clear this past weekend he intends to run for Alberta premier — it's just not clear what party flag he will fly in the race.

Sherman, who was kicked out of the Conservative caucus in December after criticizing government progress to cut down on emergency room wait times, made his intentions clear in Medicine Hat Saturday.

Sherman, who currently sits as an independent MLA for Edmonton-Meadowlark, plans to meet with presidents of all three parties before making a final decision.

The Tories, Alberta Liberals and the Alberta Party are all slated to hold leadership contests this year.

METRO

Avalanche near Golden claims three

Three Alberta snowmobilers were killed and another seriously injured after an avalanche was triggered in B.C. Saturday.

The incident reportedly occurred around 5 p.m. on Mount Gerald, roughly 70 kilometres west of Golden.

The victims have been identified as Andy Gebhardt, his son Jarret and Norbert Mueller, all from the central Alberta village of Halkirk.

A Toronto man was also killed after crashing into a treed area while skiing inbounds at Lake Louise.

METRO

CONTRIBUTED

▶ Nuka, the name given to this pup, which was rescued in the Northwest Territories, means "younger sibling" or "younger one" in many native dialects.

Albertans aid 'traumatized' pup

- Abandoned dog rescued in Inuvik earlier this month
- He is now recovering in Calgary and will likely go into foster care

JEREMY NOLAIS
@METRONEWS.CA

Alberta rescuers have helped give a pup a new leash on life after he was abandoned and nearly died earlier this month.

The 12-week-old pup, whom rescuers have dubbed Nuka, was found in the back of a pickup truck in bone-chilling temperatures of -30 C in the town of Inuvik, N.W.T.

His mouth was bloodied and he had nearly succumbed to starvation.

Linda Eccles, president of the Beaufort Delta Regional SPCA, quickly took over care of the young animal.

"He wasn't in good shape," Eccles recalled. "He was traumatized."

The decision was made to send Nuka south for specialized care offered by the Calgary Humane Society. Eccles linked up with Pawsitive Match, a Calgary group that assists in rescuing dogs from life-threatening situations, and the pup was transported to Alberta last week.

Once in Calgary, Nuka spent Friday night with Jenn Mulrooney, founder of NWT Dog Rescue, before being transferred on to the Calgary Humane Society.

Mulrooney is confident the young pup can go on to lead a normal life.

"He's very cautious but very trusting," she said. "If I didn't already have two dogs, I definitely would have kept him."

Nuka's care

Calgary Humane Society representative Shandell Dougdale confirmed Nuka is under the organization's care but was awaiting more information about his treatment.

1 Little information is known about Nuka's upbringing or how he ended up in the pickup truck. Rescuers believe he is part husky.

1 news

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Family Day has been celebrated in Alberta since 1990 Created by former premier Don Getty Idea recreated in Ontario, Manitoba, Saskatchewan, Prince Edward Island Calgary Hitmen played outdoor hockey game at McMahon Stadium, battling Regina Pats Events were held all over the city, including Heritage Park, the Olympic Oval, Olympic Plaza, Fort Calgary

TEXT **METRO**

Celebrating Family Day around the city

RYAN FACTURA/FOR METRO

▶ Ice sculptor Lee Ross carves out a snowboarder from a large slab of ice during TD Canada Trust's Winterfest yesterday.

Oddity

Though dozens of families attended Fort Calgary on Family Day, many on Twitter reported that no strollers were allowed at the park.

RYAN FACTURA/FOR METRO

▶ Calgary Flames alumni Lanny McDonald,far right, met with fans yesterday including, from left, Sam Holmgren, 6, father Jason, and sister Aubrey.

RYAN FACTURA/FOR METRO

▶ Ice sculptor Lee Ross hands Destiny Assefa, 5, an ice tablet with her name engraved on it.

KATIE TURNER/FOR METRO

▶ 17-month old Laura Peterson naps at the Oval.

KATIE TURNER/FOR METRO

▶ Avril Judkovski, 3, proudly shows off her balloon butterfly at yesterday's Fort Calgary Winter Carnival.

Go Flames go

The Calgary Flames bested the visiting Montreal Canadiens 4-0 in the Heritage Classic held at McMahon stadium over the Family Day weekend

KATIE TURNER/METRO

▶ Families enjoyed a horse-drawn wagon ride at Fort Calgary yesterday.

RYAN FACTURA/FOR METRO

▶ Omer Bhatti, left, father Adnan, mother Rahila, and Hamza at Olympic Plaza.

on the hou$e

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KATIE TURNER/FOR METRO

▶ Kylie Robertson says the house next to her downtown apartment building has three blue bins while her building has no place to recycle.

Apartment recycling slow in coming

Utilities and environment committee will receive two reports from administration tomorrow outlining options for city's recycling program City's goal is to divert 80 per cent of landfill waste by 2020

Calgarians living in single-family homes may have blue, black and green bins hitting the curb before apartment dwellers have in-house recycling, according to city reports.

According to one report, 57 per cent of Calgary's waste stream in 2010 came from food scraps and yard trimmings — the largest segment of waste.

The city has identified a timeline that would see a pilot project for organic-waste recycling launched in 2012. But apartment resident Kylie Robertson says multi-family recycling should be the next step.

"To be honest, it's just unfair," said the 22-year-old student, adding she finds herself sneaking recycling into a neighbour's blue bin.

158K

The number of multi-family residential dwellings in Calgary, according to a city report. The same report identifies 287,000 single-family residential dwellings, which currently have blue cart recycling.

A second report coming forward tomorrow suggests a multi-family recycling program be implemented between 2015 and 2017, but Robertson says it's not good enough.

"You want residential houses to have access to all these great programs before I even have a blue bin to put my glass recyclables in."

Committee chair and Ward 5 Ald. Ray Jones says organic waste is a priority.

"Organics fill the majority of the landfill up and it creates a methane gas as well," he said. "We were trying to control the single families first and also we were trying to establish the market for the private companies."

KATIE TURNER

SURVEY

Calgary ranked 5th most livable city

Calgary is among the best places to live in the world, according to a survey published yesterday.

Our fair city ranked fifth out of 140 cities and was third among Canadian locales behind Vancouver and Toronto, which placed first and fourth respectively.

By comparison, the highest-ranked American city was Pittsburgh, at No. 29.

Compiled by the Economist Intelligence Unit, the survey analyzes 30 factors to establish its annual list, including health care, culture, environment, infrastructure, safety and stability.

Harare, the capital city of Zimbabwe, was deemed the most unlivable city among the 140 surveyed.

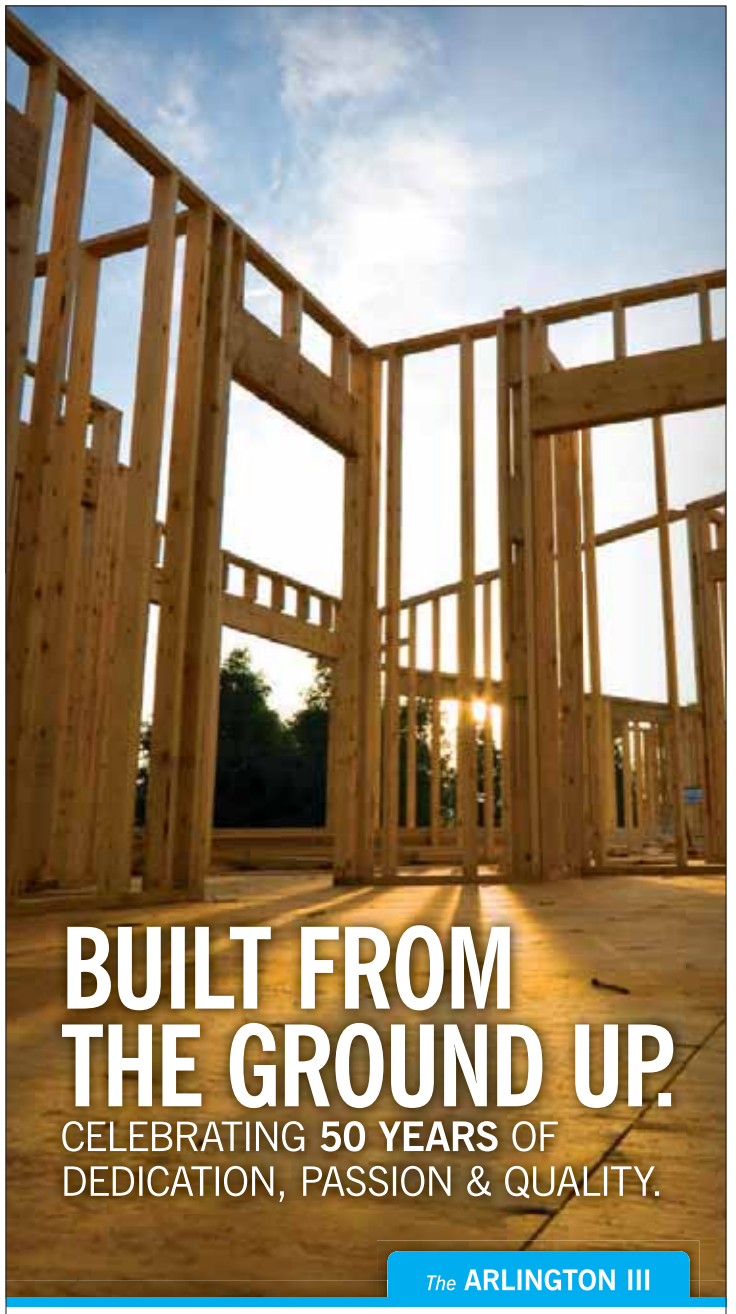
METRO

Bulletproof ATM foils thieves

After breaking into a gas station in Carseland, two thieves tried all they could to break into an ATM — even shooting it — to no avail early Sunday morning, RCMP said.

The thieves did manage to escape with $800 and several cartons of cigarettes in a white Ford pickup.

Carseland is located 35 kilometres south of Strathmore. METRO



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News in brief

Politician sets sights on federal election

ELECTION. Veteran Alberta politician Ray Martin says he will run for the NDP in the next federal election despite his wife's illness.

Martin says in a news release that his wife, Cheryl Matheson, has been diagnosed with lung cancer.

He says his family decided he should still be a candidate so he can fight to ensure that the excellent health care Matheson has received can be available to all Canadians.

Martin is looking to win a seat in the riding of Edmonton East.

THE CANADIAN PRESS

Flames app a success

LAUNCH. While NHL team apps are becoming commonplace, with tens of thousands of iPhone and BlackBerry users, the Calgary Flames app has proven to be quite a success.

Within a day of its launch, the app was featured by Apple in the App Store and a week later popped up in the Great Canadian Apps category. Designed by Atimi, the app allows users to purchase tickets and provides info directly from the league. METRO

Largest gathering for junior hockey

WHL. Following on the heels of the Calgary Flames outdoor game, the WHL's Calgary Hitmen laced 'em up at McMahon Stadium yesterday — and set a record doing it.

The crowd of 20,888 was the largest-ever Calgary Hitmen crowd, and also the largest gathering in history to watch a junior hockey game.

The Hitmen fell to the Regina Pats 3-2. METRO

Longest hockey game breaks record

Game began on Feb. 11 around 11 a.m. and ended at 1 p.m. Feb. 21 More than $870,000 has been raised

JOHN ULAN/THE CANADIAN PRESS

▶ Goalie John Sorensen skates by with the Canadian flag yesterday after breaking the Guinness world record for the world's longest hockey game.

KATIE TURNER
CALGARY@METRONEWS.CA

Ten days after stepping onto the ice for the world's longest hockey game, Scott Shaw of Calgary said the first thing he wanted to do was take a long, hot shower.

Shaw was one of 40 players who competed in the challenge in Sherwood Park to raise $1 million for cancer treatment; specifically, to fund the purchase of a new linear accelerator used in radiation treatments at the Cross Cancer Institute in Edmonton.

"Cancer is kind of everywhere … It's had a direct impact on my family, so it was kind of a no-brainer for me to be a part of this," said Shaw, who lost his father to cancer in 1991.

"It's been a great 10 days."

Event organizer Brent Saik, who lost both his wife and father to the disease, said the game was gruelling but worthwhile.

"If you were playing hockey that long and you weren't trying to raise a million dollars to save lives, it would destroy your body," he said.

"Our bodies are fine, our bodies don't feel anything right now after that."

On the ice

- **Rest** The players took to the ice in shifts of between four and seven hours with four hours of rest in between.
- **Time** Brent Saik didn't have an exact time as of yesterday afternoon, but said there is no question the players beat their previous world record.
- **Record** The last record set on the same rink in 2008 was 241 hours, 21 minutes.
- **Result** The final score was 2,090 for the white team and 2,010 for the blue team.

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Blogging 260 days of marital sex

- Couple aims to have intercourse five days a week
- Wife says marriage has never been stronger

JEREMY NOLAIS
@METRONEWS.CA

A Calgary husband and wife are in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight years ago.

The couple asked that their last name be withheld and that Melanie's first name be altered to avoid workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words, exactly, were, 'I could probably do it once a year and be happy.'"

Finally, some excitement was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And thus the intercourse expedition began.

Starting Jan. 1, the couple, both 30 years of age, began engaging in sex five times a week, all the while documenting the pains and pleasures — Kama Sutra iPad apps and candle-wax massage included — online at 260days.ca.

Melanie says they have never been closer.

"The more that we do it, the less taxing it has become," she said. "It was about figuring out there were certain things I needed and certain things he needed."

CONTRIBUTED

260 Days | Between the Sheets
HOME
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20
FEB/11
There's an App for That
Melanie was out this morning so I took care of the kids and hung out with my family before they left. I made breakfast burritos for brunch and served up some fresh ground coffee. It was a fantastic morning! Just before noon, Melanie came home and my parents headed home. It worked out nicely because just as my family left, curling came on
iKAMASUTRA

▶ The latest post from 260days.ca, which documents a Calgary couple's year-long mission to have more sex.

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NATURAL DISASTER

Quake strikes N.Z.

A powerful earthquake has hit the New Zealand city of Christchurch, collapsing buildings, burying vehicles under debris and sending rescuers scrambling to help trapped people amid reports of multiple deaths.

Police said they were trying to confirm reports of fatalities from the 6.3-magnitude quake, the second major temblor to strike the city since last September, while Prime Minister John Key told Parliament that details were still too sketchy to confirm deaths.

Witnesses said the quake destroyed the iconic stone Christchurch Cathedral, its spire toppled into a central city square, and there were reports of two buses crushed under falling buildings.

THE ASSOCIATED PRESS

Gadhafi losing grip as protests sweep Libya

ALAGURI/THE ASSOCIATED PRESS

▶ A girl displays the victory sign in Benghazi, the second largest city in Libya, where protesters yesterday claimed control.

World calls on government to stop 'appalling' crackdown

Deep rifts opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a bloody crackdown on protest in the capital of Tripoli, where cars and buildings were burned. Gadhafi went on state TV early today to attempt to show he was still in charge.

World leaders expressed outrage yesterday at the "vicious forms of repression" used against the demonstrators.

The longest-serving Arab leader appeared briefly on TV to dispel rumours that he had fled.

"I am here to show that I am in Tripoli and not in Venezuela. Don't believe those misleading dog stations," Gadhafi said, referring to the media reports that he had left the country.

Pro-Gadhafi militia drove through Tripoli with loudspeakers and told people not to leave their homes, witnesses said, as security forces sought to keep the unrest that swept eastern parts of the country — leaving the second-largest city of Benghazi in protesters' control — from overwhelming the capital of two million people.

U.S. Secretary of State Hillary Rodham Clinton called on Gadhafi to "stop this unacceptable bloodshed" and said the world was watching the events "with alarm."

British Prime Minister David Cameron, visiting neighbouring Egypt, called the crackdown "appalling."

THE ASSOCIATED PRESS

Yemen protests continue

Yemen's leader yesterday rejected demands that he step down, but protests seeking President Ali Abdullah Saleh's ouster did not let up. Tens of thousands rallied in four cities, including the capital of Sanaa. At least 11 people have been killed in anti-government protests this month. THE ASSOCIATED PRESS

Another Mubarak has problems

A judge in Dubai, who couldn't hold back a smile, slapped Hosni Mubarak with a fine for illegally consuming alcohol in public. No, not that Hosni Mubarak. This one is a Pakistani namesake of the ousted Egyptian president who was in a Dubai misdemeanours court Sunday.

THE ASSOCIATED PRESS

N.Y.C. smokers to lose outdoors

FRANK FRANKLIN II/THE ASSOCIATED PRESS

▶ Smokers in Times Square in New York.

The smokers of New York are an endangered breed, and come summer they will have even fewer places to light up as a ban on smoking at parks, beaches and public plazas goes into effect — including Central Park and swaths of tourist-packed Times Square.

Now many of them, and even some nonsmokers, are saying the city has gone too far this time.

The city health commissioner, Thomas A. Farley, said the ban is about ensuring that the city's 22.5 kilometres of beach and more than 1,000 parks were free of the nuisance and open to all. THE ASSOCIATED PRESS

Hamas bans male hairdressers

A Gaza rights group says that the ruling Hamas militant group has barred male hairdressers from working in women's salons.

The Palestinian Center for Human Rights said yesterday that five male hairdressers were interrogated and forced to sign declarations that they wouldn't work in women's salons.

Male hairdressers for women are rare in conservative Gaza, where the genders rarely mix in public.

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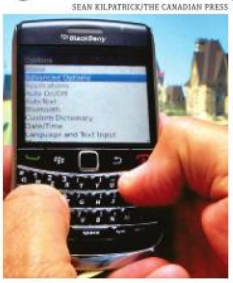
MPs can now tweet with BlackBerrys

- Potential candidates opening Twitter accounts
- Seminars teaching social media tips

SEAN KILPATRICK/THE CANADIAN PRESS



MPs now have the power of social media right in their palms.

The House of Commons has given the thumbs-up for MPs and political staff to use Twitter and Facebook applications on government-issued BlackBerrys.

While many MPs and staff are already avid users, until now they have had to access the sites through web-based versions.

The Commons information office is now installing the actual applications, saying in a memo that it's part of improving their own service.

The change has already led to some MPs increasing the number of tweets they're sending every day and to others starting to use previously dormant accounts.

A recent report on the use of social media by MPs found that about half use Twitter, while slightly fewer have personal Facebook pages.

The most effective MP online appears to be Industry Minister Tony Clement. Metrics that measure online reach suggest he has a more engaged audience than Prime Minister Stephen Harper.

Clement said in a tweet to The Canadian Press that he hopes having social media on the phones will encourage more of his colleagues to get online.

As talk of a spring election ramps up, would-be MPs are also already active online. Dozens of new accounts are popping up as candidates get chosen across the country.

THE CANADIAN PRESS

Harper. Delta, B.C.

▶ Prime Minister Stephen Harper, centre, visits the MV Ocean Lady, which brought 76 Sri Lankan migrants to Canada in October 2009.

JONATHAN HAYWARD/THE CANADIAN PRESS

On board with reforms

Prime Minister Stephen Harper yesterday toured one of the two cargo ships that delivered hundreds of Tamil migrants to Canadian shores over the past two years, as he tries to drum up support for his government's immigration reforms.

Seal hunt delayed off Cape Breton

Four days after its official opening, a controversial grey seal hunt in a protected area off eastern Cape Breton still had not gotten underway yesterday.

Andrew Newbould, a spokesman for the Department of Fisheries and Oceans, said the sealers have to give 24 hours notice of their intent to hunt on Hay Island and none had been given since Thursday. He had no other information on the delay.

The hunt, which closes March 15, is part of an overall grey seal quota set at 60,000 animals for Atlantic Canada. Last year's hunt on Hay Island was called off after sealers couldn't find buyers for their pelts.

THE ASSOCIATED PRESS

1,900

Federal fishery officials have set a quota for the island of 1,900 animals, down from 2,200 last year.

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Courses in the Reeves College Computer Graphic Design program teach basic design elements, such as layout, typography, colour, and pre-press. Adobe Illustrator, Photoshop, InDesign and QuarkXpress, HTML and Dreamweaver are also part of the curriculum. In addition, graduates will enter the workforce with a solid design portfolio.

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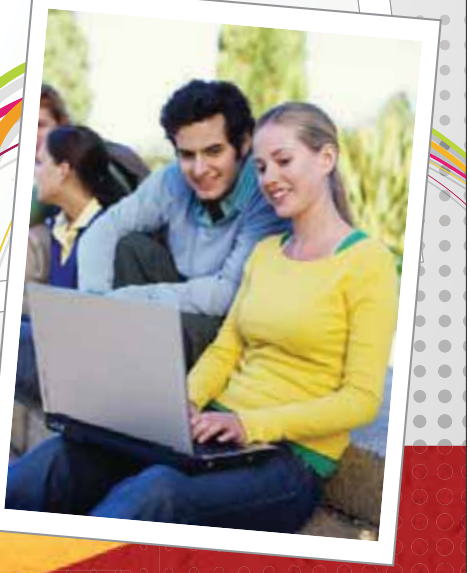

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Russia's future spikes emotion

Former Soviet leader Gorbachev lashes out against judicial and parliamentary system Says Putin, Medvedev disrespect democracy

Former Soviet leader Mikhail Gorbachev yesterday described Russia as an imitation of democracy and accused its current rulers of conceit and contempt for voters, in his harshest criticism of the government yet.

Gorbachev criticized Prime Minister Vladimir Putin and his protégé, President Dmitry Medvedev, for saying that they will decide between them who should run for president in Russia's March 2012 presidential vote.

Gorbachev denounced the statements as a show of "incredible conceit" and disrespect for voters.

"It's not Putin's business. It must be decided by the nation in the elections, by those who would cast ballots," Gorbachev said at a news conference. "Can't other people also run?"

Gorbachev has previously avoided personal criticism of Putin, who has remained Russia's No. 1 politician after shifting into the PM's post following two presidential terms.

Putin is widely expected to reclaim the presidency in 2012.

Gorbachev said that Russia has only "imitations" of a parliament and judicial system.

Gorbachev also denounced the main pro-Kremlin United Russia party as a "bad copy" of the Communist Party of the Soviet Union and warned that the government's efforts to sideline opponents could backfire.

"The monopoly ends in rotting and hampers economic development," he said.

He has also called for a probe into last week's statement by an assistant to the judge who convicted oil tycoon Mikhail Khodorkovsky who said that the judge did not write the verdict and read it against his will in a Moscow court.

Judge Viktor Danilkin found Khodorkovsky guilty in December of stealing oil from his own oil company and extended his prison term through 2017. Putin has been seen as a main force behind the legal attack.

THE ASSOCIATED PRESS

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

▶ Khodorkovsky

"Putin still considers me a dangerous political and personal opponent."

RUSSIAN OIL TYCOON MIKHAIL KHODORKOVSKY, IMPRISONED SINCE 2003

▶ Former Soviet leader Mikhail Gorbachev gestures at a news conference in Moscow yesterday.

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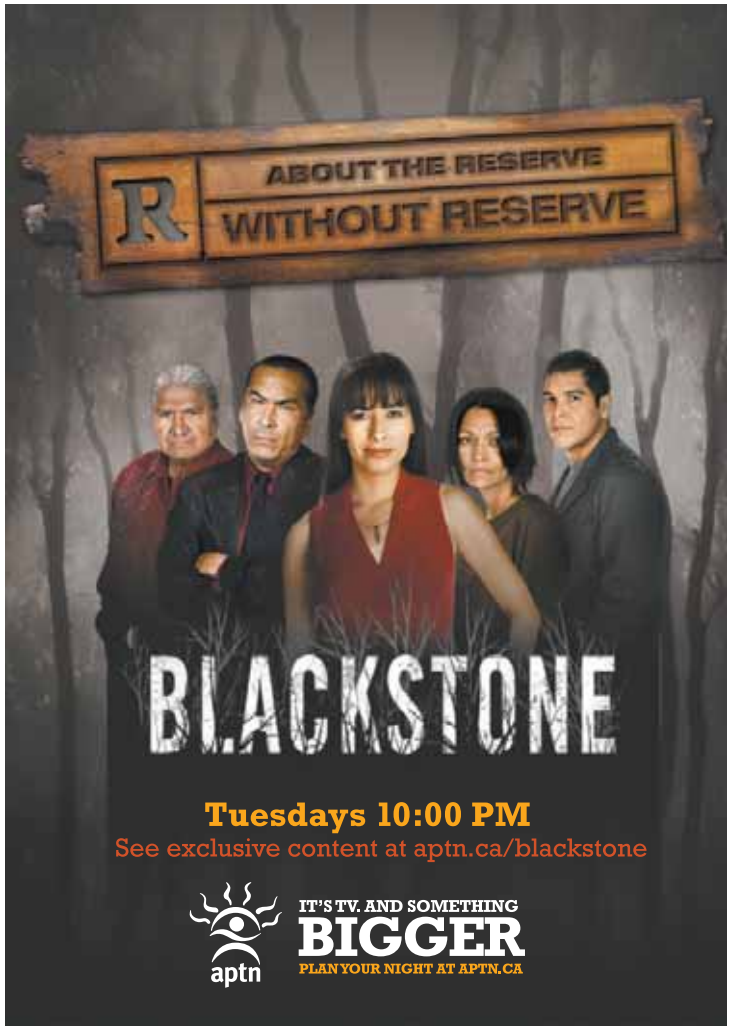

SERGEY PONOMAREV/THE ASSOCIATED PRESS

Former leader talks Arab unrest

Former Soviet leader Mikhail Gorbachev, who is revered in the West for the role he played in ending the Cold War, is disliked by many at home for the collapse of the Soviet Union and the years of social and economic turmoil that followed it.

Speaking at a news conference in Moscow yesterday, Gorbachev said that the uprisings that toppled the leaders of Tunisia and Egypt, and that continue to spread across the Arab world, have many things in common with the collapse of Communism.

"People are striving for a better life," he said. "They have nothing to lose."

Gorbachev is turning 80 next week.

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Leaving Libya

Canada, the United States and many European nations have urged their citizens to avoid non-essential travel to Libya.

- **Oil giant BP is drawing up** plans to evacuate staff "in the next couple of days."
- **Norway-based Statoil is** pulling a "handful" of expatriate workers out of its office in Tripoli. Locally hired staff will remain in Libya but are off duty.
- **Italy's Eni oil company is** evacuating non-essential personnel as already scheduled, following the early closure of schools.

Canadian oil firms on alert

Companies poised to get workers out of Libya as violence escalates ◐ Tripoli airport remains open

Canadian businesses with a presence in the Middle East are preparing employee evacuation plans as political unrest and bloody revolts spread across the Arab world.

At least three Canadian companies, Suncor Energy, SNC-Lavalin Group and Pure Technologies, were evaluating the security of operations in Libya.

Jack Elliott, president of Calgary-based infrastructure manager Pure Technologies, said the company was preparing to evacuate 14 employees.

Montreal-based engineering firm SNC-Lavalin said yesterday that its employees in Libya were safe but that work on some of its projects had been temporarily suspended.

"The situation's very unstable there, so we thought it's better to get them out, at least until things settle down."
JACK ELLIOTT, PRESIDENT, PURE TECHNOLOGIES

Suncor spokesman Brad Bellows said the Calgary oil and gas company has contingency plans to ensure staff safety.

Foreign Affairs Minister Lawrence Cannon said yesterday that there are an estimated 500 Canadians in Libya and about 350 have registered with the Canadian embassy in Tripoli.

There are no immediate plans for a government evacuation, he said.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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KEEPING IT CASUAL IN THE FRIEND ZONE

She says ...

JESSICA NAPIER

All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup and a bottle of wine away from crossing that boundary and hooking up.

So can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam … do I need to go on? Even the characters in Just Friends wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to romance, whether they realize it or not.

"So can two people of the opposite sex ever really be 'just friends?'"

But how much truth is there to this friendship-as-foreplay theory?

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together, work together and hang out in plenty of platonic settings without falling hopelessly in love with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms, but it seemed to me that a single man and woman living under the same roof would inevitably end up doin' it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Beer and fitness do mix

Worth mentioning

Beer. It's not just for couch potatoes anymore.

A Bavarian brewmeister is touting its no-alcohol beer as the latest sports drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup of biathlon held this month in northern Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

Cheers

ROBERT F. BUKATY/THE ASSOCIATED PRESS

Are you excited about the Oscars? Why or why not?

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Metro Minute with Judge John Reilly

Controversial author Judge John Reilly will be on hand at the Auburn Saloon tonight for an interview hosted by WordFest and the Writers Guild of Alberta. Reilly's work Bad Medicine: A Judge's Struggle for Justice in a First Nations Community documents his promise to improve the delivery of justice to Stoney Nakoda First Nations people living on the Morley reserve.

The book has been met with both praise and anger. The Stoney Nakoda First Nation even requested last year that the book's distribution be delayed to avoid interference with band elections.

The interview will begin at 7 p.m. and is free to attend. The Auburn Saloon is located at 163–9th Ave. SE.

METRO

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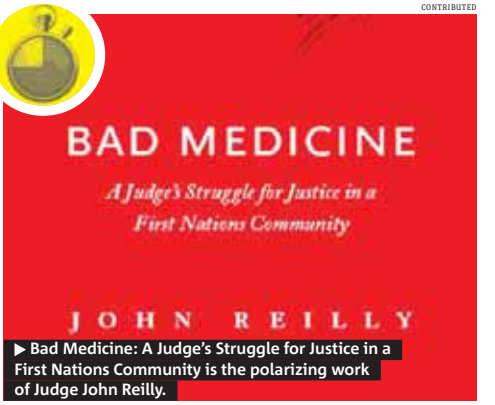

▶ Bad Medicine: A Judge's Struggle for Justice in a First Nations Community is the polarizing work of Judge John Reilly.

2 scene

Behind the scenes on the Red Carpet

Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience How are they preparing for Oscar day? Who are some of the most elegant stars?

Box Office

Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, Unknown, debuted as the No. 1 movie with $21.8 million, following in the footsteps of his 2009 action hit Taken, according to studio estimates Sunday.Another action tale, I Am Number Four, opened at No. 2 with $19.5 million.

THE ASSOCIATED PRESS

A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

Red Carpet

Showtime. Live From The Red Carpet: The 2011 Academy Awards airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

METRO: How do you remember all the things about each celebrity you interview on the Red Carpet?
RYAN: I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?
They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan?
Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on Idol based on that chance meeting.

How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?
Every awards show presents new opportunities because of the new material the actors do from year to year. Talking with Jeremy Renner about The Hurt Locker, for example, is very different than talking with him about The Town.

Who do you think throws the best after-party in Hollywood?
For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

Who do you think are the most elegant/ fashionable male and female celebs who never disappoint on the Red Carpet?
In just a few short years, Anne Hathaway has really become one of the fashionistas to watch. Among the guys, Clooney and Pitt never seem to disappoint fans.

Women spend hours readying for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?
There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

METRO: Do you actually watch all the nominated movies and shows? Where do you find the time?
GIULIANA: It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

What is the weirdest thing you have seen on the Red Carpet?
One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

Who was the last celebrity who made you feel star struck, and why?
The last celebrity who made me feel star struck was Al Pacino. At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?
Yes, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day. I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?
Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day, I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information.

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A royal challenge at Oscars?

King's Speech may take the throne, but Hollywood rarely crowns British monarchy at Academy Awards

MIRAMAX FILMS/THE ASSOCIATED PRESS

▶ Helen Mirren portrayed Queen Elizabeth II in 2006's The Queen.

It may seem as though Academy Awards voters would be a bunch of fawning monarchists, considering how often the ceremony has been a love fest for all things English.

But British kings and queens generally wind up losers at the Oscars.

If The King's Speech, a saga about Queen Elizabeth II's dad, makes good on its status as best-picture favourite on Sunday, it would become the first film with a British monarch as its central figure to win the top prize in the 83-year history of the Oscars.

Two films with a British king or queen as a supporting player — 1966's A Man for All Seasons and 1998's Shakespeare in Love — did win best picture.

Yet past contenders with a monarch in a lead role have always lost: 1933's The Private Life of Henry VIII, 1946's Henry V, 1964's Becket, 1968's The Lion in Winter, 1969's Anne of the Thousand Days, 1998's Elizabeth (which lost to Shakespeare in Love) and 2006's The Queen.

Actors as British monarchs have fared a bit better, with lead-acting wins by Charles Laughton in the title role of The Private Life of Henry VIII; Katharine Hepburn as Henry II's captive queen, Eleanor of Aquitaine, in The Lion in Winter; and Helen Mirren as Elizabeth II in The Queen. Judi Dench won a supporting Oscar as Elizabeth I in Shakespeare in Love.

Best-actor front-runner Colin Firth as the current queen's father, George VI, is expected to join the winner's list Sunday, though Helena Bonham Carter as his wife, the future Queen Mother Elizabeth, is a long shot for supporting actress. THE ASSOCIATED PRESS

13 Losers far outnumber winners: 13 of the 17 actors nominated for playing a British king or queen have lost at the Oscars (there would be one more loser if we throw in Vanessa Redgrave as best actress in 1971's Mary, Queen of Scots, whose title character schemed but failed to take the English crown from Elizabeth I).

Former exec blasts Grammys

A former music executive has blasted the Grammy Awards for snubbing Justin Bieber and Eminem.

Steve Stoute, best-known for managing New York rapper Nas, took the Grammys to task in a full-page ad in the New York Times over the weekend.

He ripped the show for giving awards to obscure acts instead of more relevant, of-the-moment artists — including Bieber, the 16-year-old from Stratford, Ont., who performed during the Feb. 13 ceremony but was shut out in his two nominated categories.

His criticism extended to Montreal's Arcade Fire, whose third record, The Suburbs, took the trophy for album of the year at last week's show.

After winning, the band spontaneously took the stage to play Ready to Start to close the show.

Stoute suggested it could not have been an impromptu performance, and that the band must have known it was going to win.

The Recording Academy, which puts on the Grammys, was not immediately available to comment yesterday.

Stoute also objected to some of the Grammys' memorable recent upsets — specifically, Herbie Hancock beating out Kanye West and Amy Winehouse for album of the year in 2008, and Steely Dan's victory over Eminem's The Marshall Mathers LP in '01.

"How is it that Justin Bieber, an artist that defines what it means to be a modern artist, did not win Best New Artist?"
STEVE STOUTE

That summed up his problem with the show in general — awarding legacy artists over those currently ruling the charts.

"Does the Grammys intentionally use artists for their celebrity, popularity and cultural appeal when they already know the winners and then program a show against this expectation?" wrote Stoute in his letter, published Sunday.

"Meanwhile the National Academy of Recording Arts and Sciences hides behind the 'peer' voting system to escape culpability for not even rethinking its approach.

"And I imagine that next year there will be another televised super-close-up of an astonished front-runner as they come to the realization before a national audience ... that he or she was used."
THE CANADIAN PRESS

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P.J. Harvey talks about creating a timely album

U.K. musician's Let England Shake was recorded in a church Harvey wanted to write stuff connected to 2011

GUILLAUME B. DECHERF
SCENE@METRONEWS.CA
METRO WORLD NEWS

GETTY IMAGES

▶ P.J. Harvey has a new album out called Let England Shake.

Calm, searching for the right words, the voice of Dorset, England just released an impressive new album, Let England Shake. P.J. Harvey talks to Metro about her creative passion.

You recorded this album in a church. Was it for a particular reason?
Not at all. I had in mind to find a studio in Berlin, which sounded as a very exiting city, and I need to be inspired by the place I'm in when I record. But I didn't find what I was looking for, so when I've been told of this disaffected church in England which is used for exhibitions, we got there.

How shall we interpret Let England Shake? In a moving sense or a shivering sense?
There is no pre-determined sense. People who listen to it can think what they want. This is not a conceptual album. My unique goal was to use a language that could evoke the world we live in, and not just England. I wanted simple and human texts, that could talk to anyone. For me, the beauty in the creating process lies in the transmission to someone who can use it afterward.

What sort of work do you do to be able to describe the world as it is?
I'm very interested in politics, and in the news in general. And there is no day where I don't write a line. But on this album, it's the very first time I tried to write stuff that was directly connected to 2011. I didn't feel confident enough before to do so. You know, writing is not natural to me. I'm groping about and I'm very critical with my work. It's quite good in the end, since I'm happy only when I gave the maximum.

You almost became "mainstream." Not like a star, but recognized and awaited by your fans. How do you deal with that?
I never thought of having fans. When I was young, I wanted to create and to be recognized, but without the "starification" thing. It wasn't me. And I thought I would become a painter or a sculptor. Last summer, I showed some of my stuff in All Story, Francis Ford Coppola's magazine. I'd love to become a painter, but I lack time, since my top priority is music, even if I do not sing a lot in between two albums.

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Folk-rock royalty: The next generation

Rufus Wainwright announces birth of daughter Newborn's mom is offspring of Leonard Cohen

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jorn Weisbrodt."

Weisbrodt is Wainwright's romantic partner.

Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer Kate McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright referred to himself as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: "Il y a longtemps que je t'aime, jamais je ne t'oublierai," Wainwright wrote.

He also pointed out that some articles have incorrectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

ALL PHOTOS GETTY IMAGES

▶ Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

Wainwright has released several albums and recently wrote the opera Prima Donna. THE CANADIAN PRESS

Talking points

Unlucky Number Four?

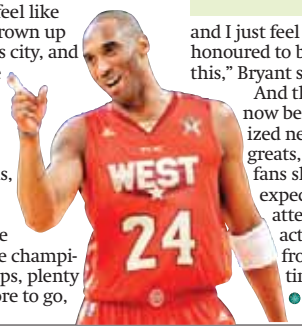
SPLITSVILLE. Dianna Agron and her I Am Number Four co-star Alex Pettyfer have split after less than a year together, according to Us Weekly.

Sources say Agron has also moved out of the home she was sharing with the British actor. Less than a month ago, reports circulated that the pair was engaged to be married, which Agron's rep vehemently denied. METRO

Kobe feted in Hollywood

ACCOLADES. Kobe Bryant got his star on the Hollywood Walk of Fame recently and also became the first athlete to be to be honoured at Grauman's Chinese Theatre Saturday afternoon when his hands and feet were immortalized in cement, according to E! News.

"I feel like I've grown up in this city, and we've had a lot of ups and downs, but here we are — five championships, plenty of more to go, and I just feel extremely honoured to be able to do this," Bryant says.

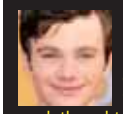


And though he's now been immortalized near Hollywood greats, he insists fans shouldn't expect any attempts at an acting career from him anytime soon. METRO

Celebrity tweets

Jessica Alba [@jessicaalba] No matter how full I am my tummy rumbles when I get a whiff of fresh popcorn. Ever happen to you?

Howard Stern [@Howard Stern] Watching american idol. I have gas but I'm holding it in out of respect for my wife.



Chris Colfer [@chris colfer] I waste so much thought searching for plots in music videos.

Sarah Silverman [@SarahKSilverman] FUN TIP: Insulting a celebrity shows people that u know a celebrity! "Sly's great but he's SO Paranoid." METRO

Lainey's Oscar file

BEST ACTRESS: JENNIFER LAWRENCE

Winter's Bone

Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood. Lawrence has insisted that there's a lot of "redneck" in her still, once joking that she's "attracted to her brother."

THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL ETALK AT THE OSCARS AIRS ON CTV (6:30 P.M. ET), /A\ (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A\.

▶ Jennifer Lawrence

LAINEY, ETALK CORRESPONDENT AND AUTHOR OF LAINEYGOSSIP.COM

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Fitness future

Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her third story appears on Metronews.ca today and concludes with a wrap up story in the Feb. 28 edition of Metro.
METRO

Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

CARE enough to walk in their shoes

Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes

RAMONA BRAGANZA
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit. Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

Also, it can be a lot of fun.

Participating in the Walk in Her Shoes one week challenge is a great way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.

To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women`s Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women`s Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

- Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.
- For more tips from Ramona Braganza, visit metronews.ca/walkinhershoes

▶ CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

As a trainer I have a few tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit metronews.ca/walkinhershoes to learn more.

The most important tip to help you get started: Wear proper shoes. They must fit well, flex well and give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.

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Cold weather conditioning

How to keep your fitness routine on track in winter

DAILY SQUEEZE

LARRY TRACK
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Staying in shape through the winter months can be a challenge. But maintaining an exercise routine should be a part of your lifestyle throughout the entire year. Here are my Top 10 tips for staying motivated as the mercury drops.

1. Get outside

Take advantage of the colder season by participating in activities you can only do this time of year, such as skiing, snowboarding or ice-skating.

2. Stay inside

If the weather is dreadful outside, stay motivated by introducing variety into your workouts. Try purchasing a new fitness toy, medicine ball, jump rope, exercise video or stability ball.

3. Drink more

When exercising in cold weather, it's harder to gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential, even in chilly weather. Water is best.

4. Plan for indoor fitness

Rain and snow are no excuse. Plan ahead by finding an indoor location before you need it. This is a great time to window shop with five to 10 laps in your local mall.

5. Train for the summer

If your favourite sport is golf or baseball, choose workouts that mimic motions used in these sports to keep those muscles strong, flexible and ready for spring.

ISTOCK

▶ Try new things to keep you active even when it's cold out.

6. Try new things

Try yoga, aerobics, indoor rock climbing or spinning. The more you challenge your muscles, the better results you can gain.

7. Layer up but don't overheat

Garments can be removed and replaced as needed. Keep dri-fit based layers close to skin to absorb sweat, and wear a wind-protecting outer.

8. Adapt to indoor fitness

Changing workout conditions require a change in your shoes and other equipment too. Try a trail running shoe to keep you from slipping as you run.

9. Don't forget your hat

A hat or toque can prevent as much as 50 per cent of total heat loss when you're outside. Even better, look for one made with dri-fit material to absorb sweat.

10. Set a goal for the spring.

Knowing you have a target to hit for the spring will keep you motivated throughout the winter. Sign-up for a half-marathon.

With a few more months to go, don't let winter get you down. Instead, embrace the chilly temps and keep moving the best you can.

FIND MORE HEALTHY NEWS AT DAILYSQUEEZE.CA

Thoughts on... Mistakes

ADVICE It is easy to be negative about past mistakes, but our past helps us to advance to higher levels of living and loving.

They are the building blocks that help us to shape our life.

Some of us have emerged from these mistakes with strong insights about who we are and what we want.

Our mistakes?

Necessary.

Our frustrations, failures and detours? Also necessary. Each step of the way, we learn. We go through exactly the experiences we need to become who we are today.

So, is our past a mistake? No. The only mistake would be to believe otherwise.

Shift your perspective and be grateful for everything that has brought you to this moment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Cotown cheese steak

From an eight-by-12 feet shed, the Cowtown Beef Shack serves delicious roasted AAA Angus beef on baguettes.

Inspired by BBQ beef on a bun during the Calgary Stampede, the four basic beef sandwiches ($8) are juicy and full of flavour.

The "sandwich that made Calgary famous" had a tangy sweet BBQ sauce with shredded beef and fresh onions. Add free hot banana peppers or horseradish for an extra zing.

Sliced beef was piled high on the Cowtown cheese steak with nice texture from onions and peppers. The beef and bun were fresh, while a creamy cheddar sauce made this something to come back for over and over again.

Two people take orders and churn out the sandwiches with amazing speed, considering the close quarters.

The shack is a take-out/drive-through affair since there are only picnic tables outside for eating. Catering is also available.

Cowtown Beef Shack
5250 Macleod Trail S.
403-281-8191
Reservations: No
Social lunch: No
Price range: $1 - $8
Rating: 4 out of 5

ISTOCK

Turkey and Broccoli Pasta

Yields: 4
Prep time: 20 mins
Cook time: 20 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1. In non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.
2. Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato sauce, turkey, parsley and Parmesan and toss to coat.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) oregano
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

EMILY RICHARDS

Yields: 4
Prep time: 15 mins
Cook time: 20 mins

This meal can be made with any pasta shape.

Pasta that sees no shape

Comfort food is tasty and easy when you use pantry staples.

Pasta Con Piselli is a pasta in which shape does not matter. For example, having a cup-shaped pasta like orecchiette or shells is perfect to contain the peas while you enjoy the pasta.

You can also add some chopped ham for a heartier meal.

Preparation:

1. In large pot of boiling salted water, cook pasta and potato for about 10 minutes or until pasta is al dente and potato is tender. Drain and return to pot reserving 1 cup (250 mL) of the cooking water.
2. Meanwhile, in non-stick skillet heat oil over medium heat and cook onion, garlic and oregano for 3 minutes or until softened. Add peas, water, parsley, salt and pepper; bring to a simmer. Cover and cook for 5 minutes for flavours to combine. Add to drained pasta along with cheese and enough of the reserved water to moisten.

EMILY RICHARDS

Ingredients:

- 4 cups (1 L) shell pasta
- 1 large Yukon Gold potato, peeled and diced
- 2 tbsp (25 mL) extra virgin olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 3/4 tsp (4 mL) dried oregano leaves
- 2 cups (500 mL) frozen peas
- 1/4 cup (50 mL) water
- 2 tbsp (50 mL) chopped fresh Italian parsley
- 1/4 tsp (1 mL) salt
- Pinch pepper
- 1/4 cup (50 mL) grated Parmesan cheese

Photo: Malawi, 2009 © Tim Freccia/CARE

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LIFE IS FULL OF SURPRISES

▶ Monika & Tomasz

Names: Monika, 35, and Tomasz, 33

Hometown: Edmonton

Together since: 2008

Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he decided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feeling I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

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ACCEPTING THE ABSENT-MINDED

How come my husband always forgets stuff? I will call him at work to remind him, and it doesn't matter how many times I text him — he never comes home with the stuff I've asked for. Why? And what can I do to get him to remember?

Derek says...

Sounds like you're doing all the right things, but some leopards can't change their spots. Certain guys aren't hard-wired for this stuff. I'm not making excuses for him, I'm just saying.

Angela says...

Yeesh! If texting doesn't work, maybe he needs to phone you as he's heading home for a verbal reminder?

The reality is that some people are just absent-minded no matter how hard they try.

And in a relationship, there will be one partner who is dominant when it comes to remembering to bring home bread and broccoli for dinner.

But maybe the other will remember when the car needs an oil change. If it all balances out, just accept — and embrace — the absent-minded professor in your life.

Hopefully he's aware he forgets and compensates in other areas.

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Five big before-you-borrow ifs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invariably fail to look at their own behaviour. If you haven't been able to make the RRSP contributions throughout the year, how are you going to pay back the loan?

ISTOCK

▶ Be realistic. Are you ready for your newfound riches?

I'm not ruling out borrowing for your RRSP contributions – but only if you can say yes to these five IFs.

If you have a taxable income You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPS.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax deductible.

If you don't have high interest, non-mortgage debt It makes absolutely no sense to borrow money for an RRSP when you're already paying high rates on credit card debt, (usually between 12 and 19 per cent), or on retail card balances (up to 29.9 per cent).

If you're disciplined enough to take the tax refund and slap it on the loan

If you can pay back the loan quickly Most in the financial industry suggest aiming for a year, maximum, to discharge the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your debt load.

If you can invest the money wisely There's nothing more disheartening than borrowing to contribute to your RRSP then seeing that money shrink by 20 or 30 per cent because of stock market losses.

Money matters

If you can say yes to the five IFs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you. creditcanadaweek.ca/calculators/rrsploan.html

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Stress-free March Break travel

Having second thoughts about your family vacation? Not to worry!

With the children out of school for March Break, it seemed like a great idea to book a family trip. Now, faced with bags to pack, kids to entertain and unpredictable weather threatening to delay your travel plans, are doubts clouding over your sunny thoughts?

Relax – or at least think about how relaxed you'll be when you get to your destination!

As a travel enthusiast and TD credit cards associate vice resident, Stacie Pearson has some experience with reducing travel stress and offers her top tips for travellers this March Break.

Drive to the airport Avoid worrying if everything will all squeeze into one airport limo or taxi. Set your own schedule and drive your own car to a secure and convenient airport parking lot. Keep in mind that some travel credit cards will let you redeem points for airport parking so that you can include it in the total cost of your vacation.

Take the earliest flight possible Try to book a flight as early in the day as possible and avoid the last flight out. Delays tend to happen as the day goes on, so booking an early flight limits the chances of getting stuck at the airport.

Don't lose a day of vacation because your luggage is lost Protect yourself by booking your trip on a credit card that has Delayed and Lost Baggage Insurance. Just to be safe, make sure your carry-on includes destination must-haves, like a swimsuit and sandals, so that if your luggage is delayed for a few hours, you can head to the beach while you wait.

Avoid surprises by budgeting for all costs While big ticket items are easy to calculate, costs including airport transfers and taxes often get overlooked. Many travellers experience the pinch of unexpected costs such as weight restrictions. Consider using a credit card that offers travel reward points that you can use for more than just the plane ticket.

NEWS CANADA

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The great pension debate

At some point you will have to make a choice about your pension Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

It's now estimated that fewer than 40 per cent of Canadians are covered by a registered pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their careers have to make a choice about their pensions — whether they keep it with their employer or whether they take their contributions in a lump sum cash payment.

"What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

"If you have a family history of people dying early, and you don't expect to live long yourself, it may make sense to have the cash now," Gerlitz says. "Some folks may want to spend money on travel and other things while they are still healthy enough to enjoy them."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such as GICs, bonds or blue chip dividend-yielding equities, which can grow over the years and provide protection against inflation.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pensions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually based on a percentage of the employee's salary and a portion of that matched by the employer, with the employee taking full responsibility for managing the money. "You need to know what kind of person you are and how responsible an investor you are," Gerlitz says. "Studies have shown that people spend more time planning their vacations than they do their retirement."

Another thing to consider is what happens to the money if you die. Depending on the plan, the surviving spouse usually is entitled to between 50 to 66 per cent of the pension. If the money had been withdrawn from the plan, then 100 per cent can be transferred to the surviving spouse.

ISTOCK

▶ Build a better future by planning for your retirement.

Income splitting

Pension income splitting can be a smart way to save on taxes, especially if you're retired or nearing retirement.

- "You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many people aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits and benefits such as claiming medical expenses."
- Financial tips and investment information are available online at investorsgroup.com.

NEWS CANADA

3 LAST-MINUTE RRSP TIPS

Find an advisor

- Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals. More information on finding an advisor is available on websites like franklintempleton.ca.

Contribute now

- Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

Diversify, diversify, diversify

- Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets. Consider different asset classes to limit risk.

NEWS CANADA

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Rethink retirement

Good planning starts with asking the right questions A financial planner can help you address your unique situation at all stages of life

Have you contributed to an RRSP?

This is an important consideration for many Canadians, although it's not necessarily the only question to ask when it comes to planning for your retirement.

"Good planning starts with asking the right questions," says Cary List, president and CEO of the not-for-profit organization Financial Planning Standards Council (FPSC).

"One of the most important questions Canadians should ask themselves is: Do I have a comprehensive financial plan that addresses my unique life goals, including those for retirement?"

A recent FPSC study confirmed that 61 per cent of Canadians with comprehensive financial plans feel confident in their ability to retire compared with only 27 per cent who seek no planning advice.

Additionally, the study revealed that these folks are also finding ways to put aside money for other life priorities along the way.

FPSC encourages Canadians to talk to a certified financial planner about their life goals, including retirement, to create a meaningful financial plan.

"Asking the right questions with a CFP professional can make all the difference when it comes to ensuring your financial plan uniquely addresses your situation for all stages of life," adds List.

You can learn more about financial planning online at fpsc.ca.

NEWS CANADA

Ask an advisor:

- How can I balance saving for both today's needs and retirement without sacrificing my most important priorities and goals along the way?
- When do I plan to retire, and what kind of lifestyle do I want?
- What are my expected sources of income in retirement (such as pensions, savings, inheritances or sale of a business)?
- What do I want my legacy to be and how might I include planned giving in my financial plan?
- What unique personal circumstances need to be considered in my financial and retirement planning?
- Should I invest in RRSPs, TFSAs and/or non-registered investments? How does my retirement plan fit in with my overall comprehensive plan?

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Anthony appears Big Apple bound

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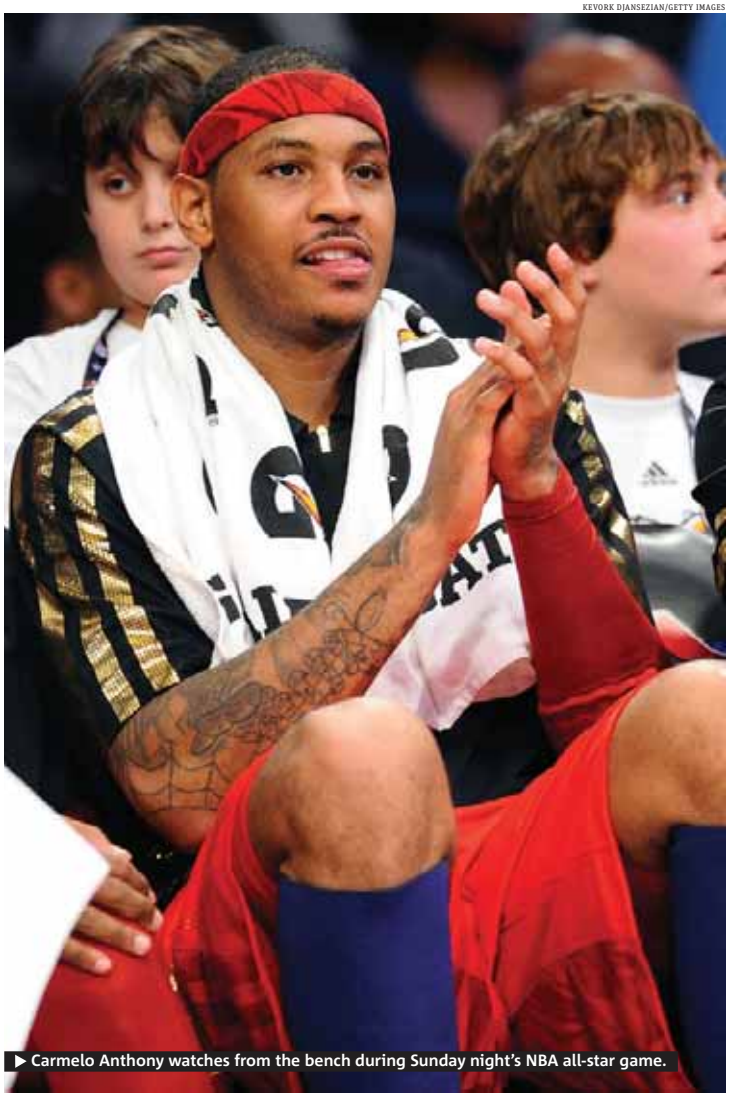

▶ Carmelo Anthony watches from the bench during Sunday night's NBA all-star game.

A season of rumours may finally end with reported N.Y. trade deal

The Knicks have agreed to a trade with the Denver Nuggets for Carmelo Anthony, a person familiar with the deal told The Associated Press last night.

The deal that would end the trade saga involving Denver's all-star forward can't be finalized until today during a conference call with the NBA office. Assuming it goes through, it puts Anthony alongside Amare Stoudemire in a potential explosive frontcourt — at a heavy cost for the Knicks.

The person provided no other details of who was in the deal, which was first reported yesterday by the Denver Post. The person spoke to the AP on condition of anonymity because he was not authorized to comment publicly on the trade.

The Post, citing a league source, said the Knicks would send Wilson Chandler, Raymond Felton, Danilo Gallinari, Timofey Mozgov and a 2014 first-round draft pick to the Nuggets, who would get additional picks and cash.

Along with Anthony, New York would acquire Chauncey Billups, Shelden Williams, Anthony Carter and Renaldo Balkman, according to the Post.

The Nuggets have explored an Anthony trade since he refused to sign the three-year contract extension worth nearly $65 million US they offered him last summer. They appeared on the verge of sending him to the New Jersey Nets multiple times.

Anthony was believed to prefer New York all along.

Denver coach George Karl said there was "some sadness" to the deal, which sends away not only Anthony but Billups, the popular Denver native. But he added it was "time to move on, reinvent."

Anthony led the Nuggets to the playoffs in each of his first seven seasons after winning a national title at Syracuse as a freshman and had them positioned for another playoff run this year. Denver advanced out of the first round just once in that time. THE ASSOCIATED PRESS

Costly asset?

Anthony stood to be the headliner of the 2011 free-agent class, but didn't want to risk free agency knowing a new collective bargaining agreement could cost him millions.

- **Denver GM Masai Ujiri** and team president Josh Kroenke began trade talks so they wouldn't lose him like the Cavaliers did LeBron James and the Raptors did with Chris Bosh last year.
- **The Knicks will** make their playoff run without four of the team's top six players. There is some thought the Knicks are giving up too much to get Anthony.

4 sports

Quoted

"Did anyone watch the Super Bowl? No popcorn endorsements yet, but our lines are open. Who would be upset about getting fed popcorn?"

YANKEES THIRD BASEMAN ALEX RODRIGUEZ ARRIVED AT SPRING TRAINING AND PROMPTLY DISCUSSED THE MOST SIGNIFICANT ACTIVITY OF HIS OFF-SEASON: GETTING FED POPCORN BY CAMERON DIAZ AT THE SUPER BOWL.

Raonic continues to rocket up tour ranks

Despite losing Sunday's final in Memphis, Tenn., Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill, Ont., jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest-ranked Canadian singles player in the history of the ATP.

119 Raonic has moved up 119 spots in the ATP rankings since the end of 2010.

Vancouver's Rebecca Marino, meanwhile, vaulted 20 places to No. 60 in the WTA rankings. The 20-year-old reached Saturday's final in Memphis but had to retire with a left abdominal strain down 6-2 to Magdalena Rybarikova of Slovakia.

Raonic was beaten 7-6 (7), 6-7 (11), 6-4 by American Andy Roddick in the final of the Regions Morgan Keegan Championships on Sunday. Roddick remained at No. 8 in the rankings.

Raonic earned $122,000 US as runner-up.

The hard-serving Canadian had won the previous weekend in San Jose, Calif., and his record stands at 12-3 this season.

THE CANADIAN PRESS

Sports in brief

Pens trade for scoring help

NHL. The Pittsburgh Penguins began addressing their banged-up lineup by acquiring forward James Neal from the Dallas Stars for defenceman Alex Goligoski.

The Penguins also got defenceman Matt Niskanen in the deal yesterday.

Neal is in his third NHL season and has 21 goals and 39 points in 59 games. THE ASSOCIATED PRESS

Twins' Morneau arrives at camp

MLB. Several of Justin Morneau's teammates greeted him in the clubhouse with big bear hugs.

The first baseman from New Westminster, B.C., checked into Hammond Stadium yesterday, a day ahead of the reporting date for position players.

Morneau's arrival has been eagerly anticipated after he missed the second half of last season with a concussion.

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EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	59	39	15	2	3	196	149	83	19-8-0-2	20-7-2-1	7-3-0-0	W1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-1	5-3-0-2	L3
d-Boston	59	33	19	2	5	185	144	73	15-12-1-2	18-7-1-3	5-5-0-0	W2
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	16-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	5	165	153	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	154	69	19-7-3-3	12-15-1-0	4-4-0-2	L3
NY Rangers	61	31	26	2	2	168	152	66	14-14-1-2	17-12-1-0	2-7-0-1	L2
Carolina	60	28	24	4	4	174	184	64	15-10-1-1	13-14-3-3	3-5-2-0	L1
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	15-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-4	12-13-3-2	2-7-1-0	L3
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	L1
Toronto	59	25	27	3	4	150	179	57	13-11-3-3	12-16-0-1	6-2-1-1	L1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	60	23	30	3	4	166	196	53	12-14-1-3	11-16-2-1	7-3-0-0	W2
Ottawa	59	19	31	5	4	132	194	47	9-16-2-3	10-15-3-1	2-6-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	13	4	5	202	142	85	21-4-1-4	17-9-3-1	7-3-0-0	W1
d-Detroit	59	37	16	4	2	199	169	80	17-8-3-1	20-8-1-1	7-3-0-0	W5
d-Phoenix	60	32	19	6	3	172	167	73	15-10-3-2	17-9-3-1	8-2-0-0	W7
San Jose	60	33	21	4	2	167	154	72	15-10-2-1	18-11-2-1	7-2-0-1	W3
Nashville	59	31	20	5	3	156	139	70	14-6-4-3	17-14-1-0	4-4-1-1	L1
Calgary	61	31	22	3	5	185	175	70	18-9-1-2	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	163	142	68	17-9-1-0	15-14-1-2	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	17-8-2-3	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	155	68	15-12-0-3	16-10-1-2	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	178	68	17-9-0-1	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-3-0-2	W2
Columbus	58	29	23	3	3	159	175	64	14-13-0-2	15-10-3-1	5-4-0-1	W1
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-4-0	11-13-3-0	0-9-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Chicago 5 St. Louis 3
N.Y. Islanders 5 Florida 1
Washington 1 Pittsburgh 0

Sunday's results
Calgary 4 Montreal 0
Chicago 3 Pittsburgh 2 (SO)
Detroit 2 Minnesota 1 (SO)
Philadelphia 4 N.Y. Rangers 2
Washington 2 Buffalo 1

Tonight's games
N.Y. Islanders at Toronto, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
San Jose at Detroit, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at Minnesota, 8 p.m.
Colorado at St. Louis, 8 p.m. (rescheduled from Feb. 1)
New Jersey at Dallas, 8:30 p.m.
Montreal at Vancouver, 10 p.m.

ISLANDERS 5, PANTHERS 1

First Period
1. N.Y. Islanders, Moulson 24 (Tavares, Hamonic) 7:40
2. N.Y. Islanders, Moulson 25 (Parenteau, Hamonic) 14:58

Penalties — Garrison Fla (holding) 12:35, Weiss Fla (elbowing major, game misconduct) 15:40.

Second Period
3. N.Y. Islanders, Martinek 2 (Nielsen) 0:37 (pp)
4. N.Y. Islanders, Bailey 9 (Comeau, MacDonald) 6:41

Penalties — Hamonic NYI (hooking) 2:09, Ellerby Fla (holding) 9:37, Bernier Fla (fighting), Hamonic NYI (instigator, instigator, fighting; served by Haley) 18:36.

Third Period
5. Florida, Santorelli 17 (Garrison, Wideman) 10:34 (pp)
6. N.Y. Islanders, Moulson 26 (Hillen, Konopka) 17:23 (en)

Penalties — Allen Fla (interference) 3:41, Martinek NYI (tripping) 8:38, Hillen NYI (delay of game) 19:55.

Shots

Florida	3	9	9—21
N.Y. Islanders	16	9	12—37

Goal — Florida: Vokoun (L,19-21-4); N.Y. Islanders: Montoya (W,3-0-0). **Power plays (goals-chances)** — Florida: 1-5; N.Y. Islanders: 1-5.

Att. — 13,729 (16,234) at Uniondale, N.Y.

HAWKS 5, BLUES 3

First Period
1. St. Louis, McDonald 13 (Berglund, Pietrangelo) 15:04 (pp)
2. St. Louis, Boyes 12 (Oshie, Winchester) 16:49

Penalty — Brouwer Chi (interference) 14:24.

Second Period
3. Chicago, Stalberg 9 (Kopecky, Johnson) 2:18
4. Chicago, Bolland 13 (Hossa, Bickell) 3:18
5. Chicago, Kane 20 (Toews, Sharp) 6:29
6. Chicago, Toews 20 (Kane, Seabrook) 12:40 (pp)

Penalties — Backes StL (slashing) 12:14, Kane Chi (high-sticking) 18:27.

Third Period
7. St. Louis, Pietrangelo 7 (Oshie, Berglund) 8:48
8. Chicago, Hossa 13 (Seabrook, Johnson) 19:59 (en)

Penalties — None.

Shots

Chicago	9	10	7—26
St. Louis	15	14	5—34

Goal (shots-saves) — Chicago: Crawford (W,20-12-3); St. Louis: Bishop (L,1-1-0)(18-14), Conklin (12:40 second)(7-7). **Power plays (goals-chances)** — Chicago: 1-1; St. Louis: 1-2.

Att. — 19,150 (19,150) at St. Louis.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	23	38	61
E.Staal, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Eriksson, Dal	19	36	55
Selanne, Ana	19	36	55
Kopitar, LA	17	38	55
Giroux, Pha	20	34	54

Not including last night's games

GAMES

CANADA GAMES

MEDAL STANDINGS

At Halifax

Province	Gold	Silver	Bronze	Total
Quebec	27	26	18	71
B.C.	14	14	16	44
Ontario	14	13	14	41
Alberta	12	11	16	39
Saskatchewan	4	2	3	9
Manitoba	2	2	4	8
N.B.	0	2	3	5
N.L.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

SOCCER

SPAIN

LA LIGA

Yesterday's result
Real Sociedad 1 Mallorca 0

ENGLAND

FA CUP

Fifth Round
Yesterday's result
West Ham 5 Burnley 1

TENNIS

WTA QATAR LADIES OPEN

At Doha, Qatar
Singles
First Round
Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (7), Poland, 7-6 (3), 6-3.
Marion Bartoli, France, def. Alisa Kleybanova, Russia, 7-5, 6-2.
Nadia Petrova, Russia, def. Roberta Vinci, Italy, 6-4, 6-2.

ATP DUBAI DUTY FREE CHAMPIONSHIPS

At Dubai, United Arab Emirates
Singles
First Round
Tomas Berdych (3), Czech Republic, def. Jeremy Chardy, France, 6-2, 6-3.
Sergei Bubka, Ukraine, def. Ivan Ljubicic (5), Croatia, 6-1, 0-1 (retired).
Ernests Gulbis (8), Latvia, def. Michael Berrer, Germany, 6-3, 6-4.
Philipp Petzschner, Germany, def. Andreas Seppi, Italy, 3-6, 7-6 (2), 6-2.
Lukas Rosol, Czech Republic, def. Karol Beck, Slovakia, 7-6 (2), 6-3.
Richard Gasquet, France, def. Grigor Dimitrov, Bulgaria, 6-2, 6-4.
Florian Mayer, Germany, def. Jarkko Nieminen, Finland, 6-4, 6-2.

ATP WORLD TOUR RANKINGS

Through Feb. 20
1. Rafael Nadal, Spain, 12390
2. Roger Federer, Switzerland, 7965
3. Novak Djokovic, Serbia, 7880
4. Robin Soderling, Sweden, 6055
5. Andy Murray, Britain, 5760
6. David Ferrer, Spain, 4510
7. Tomas Berdych, Czech Republic, 4270
8. Andy Roddick, United States, 3735
9. Fernando Verdasco, Spain, 3140
10. Jurgen Melzer, Austria, 2865
11. Mikhail Youzhny, Russia, 2710
12. Gael Monfils, France, 2560
13. Nicolas Almagro, Spain, 2320
14. Ivan Ljubicic, Croatia, 2145
15. Stanislas Wawrinka, Switzerland, 2125
16. Mardy Fish, United States, 2121
17. Jo-Wilfried Tsonga, France, 1975
18. Viktor Troicki, Serbia, 1670

Also
37. Milos Raonic, Thornhill, Ont., 1134

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
DETROIT TIGERS—Agreed to terms with RHP Robbie Weinhardt, LHP Andy Oliver, LHP Daniel Schlereth, LHP Brad Thomas, INF Cale Iorg and INF Will Rhymes on one-year contracts.
SEATTLE MARINERS—Agreed to terms with RHP Doug Fister, RHP Jose Flores, LHP Cesar Jimenez, RHP Josh Lueke, RHP Yorvis Medina, LHP Edward Paredes, RHP Michael Pineda, LHP Mauricio Robles, RHP Chaz Roe, RHP Tom Wilhelmsen, INF Alex Liddi, INF Matt Mangini, INF Justin Smoak, INF Matt Tuiasosopo, OF Johermyn Chavez and OF Carlos Peguero on one-year contracts.

NATIONAL LEAGUE

ATLANTA BRAVES—Signed executive vice president and general manager Frank Wren to a two-year contract extension through the 2013 season.
HOUSTON ASTROS—Agreed to terms with RHP Alberto Arias on a one-year contract.
NEW YORK METS—Named Dave Jauss coordinator of staff development, Brian Chicklo medical coordinator, Rick Tomlin roving pitching instructor, Mark Brewer short-season roving pitching instructor, Jack Voigt outfield/baserunning coordinator and Randy Niemann rehabilitation pitching coordinator.
WASHINGTON NATIONALS—Announced RHP Luis Atilano cleared waivers and was assigned to Syracuse (IL).

AMERICAN ASSOCIATION

AMARILLO SOX—Traded INF Javier Brito to Sioux City for RHP Chad Povich and a player to be named.
FORT WORTH CATS—Signed RHP Doug Hurn.

CAN-AM LEAGUE

NEW JERSEY JACKALS—Signed LHP Isaac Pavlik.
WORCESTER TORNADOES—Signed INF Abraham O. Nunez.

FRONTIER LEAGUE

GATEWAY GRIZZLIES—Signed SS Jeremy Cresswell and OF Lyndon Estill.
JOLIET SLAMMERS—Signed LHP Keith Rizor, RHP Spencer Roberts, OF Nate Shaver and OF Clint Stroud.
LAKE ERIE CRUSHERS—Signed RHP Matt Smith to a contract extension.
NORMAL CORNBELTERS—Signed OF Colin Moro.

FOOTBALL

NFL

CINCINNATI BENGALS—Named James Urban receivers coach.
MIAMI DOLPHINS—Named Bryan Cox pass rush coach.
MINNESOTA VIKINGS—Designated LB Chad Greenway as the franchise player.

HOCKEY

NHL

OTTAWA SENATORS—Assigned G Pascal Leclaire to Binghamton (AHL) for conditioning.
ST. LOUIS BLUES—Assigned D Tyson Strachan to Peoria (AHL).
VANCOUVER CANUCKS—Called up C Cody Hodgson from Manitoba (AHL). Sent D Evan Oberg to Manitoba.

AHL

CONNECTICUT WHALE—Signed F Alexandre Imbeault. Reassigned G Cameron Talbot to Greenville (ECHL).

ECHL

READING ROYALS—Announced D Louis Liotti was loaned to Lake Erie (AHL). Acquired G Bobby Jarosz from South Carolina for future considerations. Released G Shane Davis. Announced F Ryan Cruthers was assigned to the team by Hershey (AHL).

CURLING

SCOTTIES TOURNAMENTS OF HEARTS

At Charlottetown
Round Robin

Province (Skip)	W	L
Ontario (Homan)	5	0
Saskatchewan (Holland)	5	0
Canada (J.Jones)	3	2
Alberta (Kleibrink)	3	2
Nova Scotia (Smith-Dacey)	3	2
Quebec (Larouche)	2	3
New Brunswick (A.Kelly)	2	3
P.E.I. (Birt)	2	3
B.C. (K.Scott)	2	3
Manitoba (Overton-Clapham)	1	4
NWT/Yukon (Galusha)	1	4
N.L. (S.Devereaux)	1	4

Yesterday's results
Sixth Draw
Ontario 8 Prince Edward Island 2
Saskatchewan 8 Alberta 6
Seventh Draw
Canada 9 New Brunswick 3
Northwest/Yukon Territories 6 Newfoundland & Labrador 5
Nova Scotia 12 British Columbia 6
Quebec 7 Manitoba 6
Eighth Draw
Alberta 8 Newfoundland & Labrador 5
Ontario 6 British Columbia 5
Prince Edward Island 8 Canada 6
Saskatchewan 7 Quebec 6
Sunday's results
Third Draw
British Columbia 6 Manitoba 4
Canada 12 Northwest/Yukon Territories 1
Newfoundland & Labrador 10 New Brunswick 4
Quebec 10 Nova Scotia 5
Fourth Draw
Alberta 7 British Columbia 6 (extra end)
Ontario 7 Newfoundland & Labrador 1
Prince Edward Island 10 Quebec 5
Saskatchewan 9 Canada 3
Fifth Draw
New Brunswick 9 Manitoba 3
Nova Scotia 8 Northwest/Yukon Territories 2
Ontario 10 Alberta 7
Saskatchewan 10 Prince Edward Island 6
Today's games
Ninth Draw, 8:30 a.m.
Nova Scotia vs. Manitoba; Canada vs. British Columbia; New Brunswick vs. Northwest/Yukon Territories; Newfoundland & Labrador vs. Quebec.
Draw 10, 1:30 p.m.
British Columbia vs. Quebec; Prince Edward Island vs. Alberta; Newfoundland & Labrador vs. Canada; Ontario vs. Saskatchewan.
Draw 11, 6:30 p.m.
Northwest/Yukon Territories vs. Saskatchewan; New Brunswick vs. Ontario; Nova Scotia vs. Prince Edward Island; Alberta vs. Manitoba.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	9	7	2	.778	101	78	—
Boston	9	6	3	.667	99	81	1
Buffalo	7	4	3	.571	78	67	2
Rochester	8	4	4	.500	72	87	2½
Philadelphia	8	4	4	.500	69	81	2½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	8	2	6	.250	84	97	3
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Saturday's games
Toronto at Philadelphia, 7:30 p.m.
Edmonton at Rochester, 7:35 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	40	14	.741	—
d-Miami	41	15	.732	—
d-Chicago	38	16	.704	2
Orlando	36	21	.632	5½
Atlanta	34	21	.618	6½
New York	28	26	.519	12
Philadelphia	27	29	.482	14
Indiana	24	30	.444	16
Charlotte	24	32	.429	17
Milwaukee	21	34	.382	19½
Detroit	21	36	.368	20½
New Jersey	17	40	.298	24½
Washington	15	39	.278	25
Toronto	15	41	.268	26
Cleveland	10	46	.179	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	10	.821	—
Dallas	40	16	.714	6
d-L.A. Lakers	38	19	.667	8½
d-Oklahoma City	35	19	.648	10
Portland	32	24	.571	14
New Orleans	33	25	.569	14
Denver	32	25	.561	14½
Memphis	31	26	.544	15½
Utah	31	26	.544	15½
Phoenix	27	27	.500	18
Golden State	26	29	.473	19½
Houston	26	31	.456	20½
L.A. Clippers	21	35	.375	25
Sacramento	13	40	.245	31½
Minnesota	13	43	.232	33

d – division leader
Sunday's result
West 148 East 143
Tonight's games
(All time Eastern)
Toronto at Charlotte, 7 p.m.
Indiana at Washington, 7 p.m.
Houston at Detroit, 7:30 p.m.
Sacramento at Miami, 7:30 p.m.
Minnesota at Milwaukee, 8 p.m.
L.A. Clippers at Oklahoma City, 8 p.m.
Memphis at Denver, 9 p.m.
Boston at Golden State, 10:30 p.m.
Atlanta at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Oklahoma City at San Antonio, 7 p.m.
Houston at Cleveland, 7 p.m.
Detroit at Indiana, 7 p.m.
Sacramento at Orlando, 7 p.m.
Washington at Philadelphia, 7 p.m.
Chicago at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Utah at Dallas, 8:30 p.m.
Atlanta at Phoenix, 9 p.m.
L.A. Clippers at New Orleans, 9:30 p.m.
L.A. Lakers at Portland, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	50	478	397	1444	28.9
Stoudemire, NYK	53	521	333	1384	26.1
James, MIA	54	489	362	1408	26.1
Wade, MIA	52	466	344	1320	25.4
Ellis, GOL	55	524	256	1394	25.3
Anthony, DEN	50	437	343	1259	25.2
Bryant, LAL	57	511	336	1432	25.1
Rose, CHI	53	481	275	1318	24.9
Gordon, LAC	41	333	242	988	24.1
Martin, HOU	55	364	414	1263	23.0
Howard, ORL	55	445	365	1255	22.8
Griffin, LAC	56	488	293	1276	22.8
Nowitzki, DAL	47	388	242	1067	22.7
Aldridge, POR	56	492	263	1250	22.3
Westbrook, OKC	54	405	371	1200	22.2
Bargnani, TOR	50	415	206	1097	21.9
Williams, UTA	53	369	302	1129	21.3
Granger, IND	53	380	245	1117	21.1
Love, MIN	56	387	331	1179	21.1
Randolph, MEM	52	418	205	1046	20.1
Gay, MEM	54	409	194	1069	19.8
Lopez, NJN	57	413	280	1106	19.4
Scola, HOU	57	456	181	1093	19.2
Jackson, CHA	54	358	212	1028	19.0
West, NOR	57	434	215	1085	19.0
Pierce, BOS	54	351	239	1016	18.8
Gasol, LAL	57	411	249	1071	18.8
Bosh, MIA	52	358	241	963	18.5
Curry, GOL	47	318	144	866	18.4
Evans, SAC	46	321	164	843	18.3
Ginobili, SAN	56	310	266	1001	17.9

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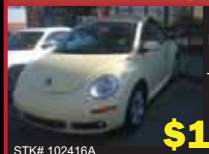

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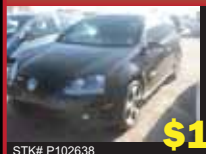

Sunroof, leather Spoiler, Alloys

STK# P102638

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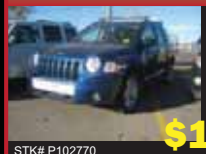
2009 Jeep Compass Limited



4x4, Leather, spoiler,

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2009 Toyota Camry LE

Keyless entry, A/C, Tilt, Cruise, Automatic

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2010 Nissan Titan

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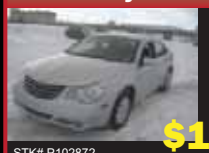

Air, Tilt, Cruise, ABS, Tint

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Loaded, ABS, Traction Control

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Top of the Line

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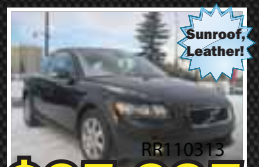

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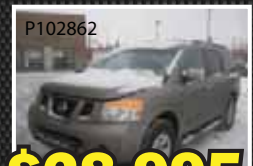

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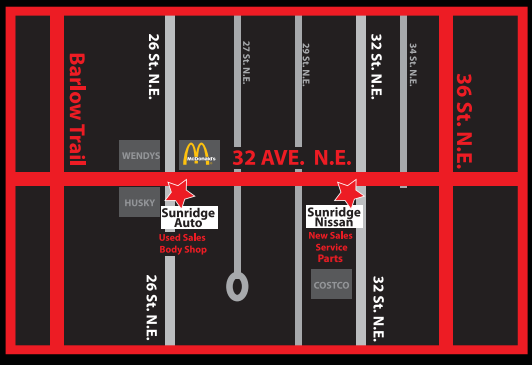

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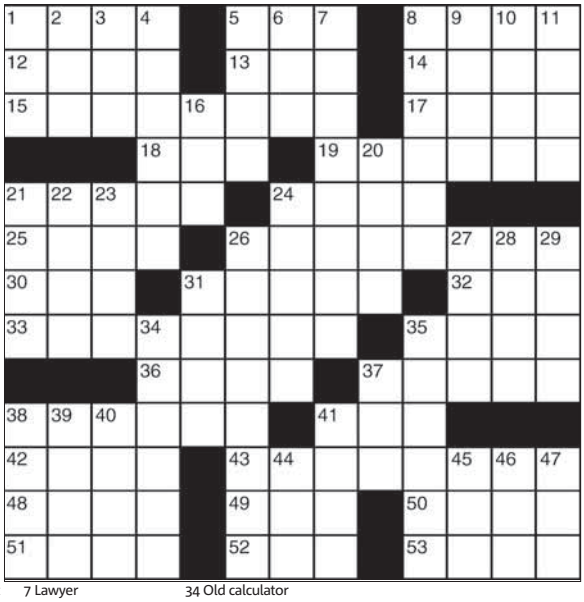
Crossword



Across

1 St. Louis team
5 Lingerie item
8 Tubular pasta
12 Concept
13 Chow down
14 Paradise
15 Historically significant symbol
17 Blueprint
18 Police officer
19 Yellow-brown colors
21 Bit part
24 Black plus white
25 Palette selections
26 Canadian city
30 Greek H
31 Trio of goddesses
32 Portion of N.A.
33 Kingdom
35 "Animal House" group
36 Taverns
37 Run off to wed
38 Tropical fruit
41 Past
42 Grand-scale tale
43 One-track transport
48 Birthright barterer
49 Prior night
50 Sorts
51 Umps
52 Spotted
53 "Monopoly" card

Down

1 Edge
2 Commotion
3 Chaps
4 Pasta toppings
5 Gridlock sound
6 Operated
7 Lawyer
8 Gentle breeze
9 Not working
10 Rip
11 Hostels
16 Cattle call
20 Eliot-based musical
21 Sci. course
22 Car
23 Intend
24 Barbarians
26 Knotted fringes
27 Franc replacement
28 Now, on a memo
29 Tardy
31 Unravel
34 Old calculator
35 Ornate, as prose
37 Id counterpart
38 Juror, in theory
39 Church section
40 Chanteuse Edith
41 From the beginning
44 Eggs
45 Hearty brew
46 Eisenhower
47 1960s hallucinogen

▶ Friday's answer

Sudoku

5	4						2	9
		9	3			4		
1			9		4			
3				2		7	5	
				4				
	2	4		6				8
			6		8			3
		3			1	8		
9	8						7	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

3	8	2	1	6	9	7	5	4
7	1	5	8	2	4	9	3	6
4	9	6	5	3	7	8	1	2
5	6	8	3	4	2	1	9	7
9	4	1	6	7	8	5	2	3
2	3	7	9	5	1	6	4	8
6	5	9	4	8	3	2	7	1
1	2	3	7	9	6	4	8	5
8	7	4	2	1	5	3	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tima, we've been through so much awesomeness together and the best part is that we know it gets even better. Keep being cute and we'll take over the world soon =) its you and me baby! **LOVE, YOUR UBECAKES! <3**

To the greatest fiance ever, You are my rock when my legs waver, you are my light when I lose my way to darkness, and most of all you are the love that makes me the happiest I've ever been in all my life. I love you with all of my three and a quarter hearts! **WITH LOVE LOVE & MORE LOVE, VIKKE**

Erica, I thank God every day that you came into my life and cannot wait for the next time I can hold you in my arms. You are my reason for waking up every morning. **MIKE**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -20°	Min -24°	Min -26°
Max -7°	Max -14°	Max -18°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

Taurus April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

Gemini May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

Cancer June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

Leo July 23-Aug.23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

Virgo Aug. 24- Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

Libra Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

Scorpio Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

Sagittarius Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

Capricorn Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

Aquarius Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

Pisces Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. **SALLY BROMPTON**

Caption contest

MICHAEL THOMAS/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Deals of the week

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GREAT DEAL ON A HOT PACKAGE TO THE CARIBBEAN | AIR, HOTEL & TRANSFERS • 1 WEEK

PRICE *FREEZE* Book by Feb. 25

MEXICO | Ixtapa/Zihuatanejo
Krystal Ixtapa ❀❀❀❀
All-Inclusive • Deluxe oceanview rm. • Mar. 12

$999
Add taxes & other fees: $257

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

MEXICO | Puerto Vallarta/Riviera Nayarit
Canto Del Sol Plaza Vallarta ❀❀❀½
Standard rm. • Mar. 5
$949 Add taxes & other fees: $147

MEXICO | Puerto Vallarta/Riviera Nayarit
Crown Paradise Club Puerto Vallarta ❀❀❀❀
Standard rm. • Mar. 12 & 19
$1129 Add taxes & other fees: $147

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta ❀❀❀❀ PRIVILEGES
Deluxe garden view rm. • Mar. 12 & 19
$1229 Add taxes & other fees: $257

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀½ PRIVILEGES
Standard rm. • May 7
$1199 Add taxes & other fees: $249

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀½ PRIVILEGES
Junior suite • Mar. 7 & 14
$1529 Add taxes & other fees: $131

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
Exclusive renovated standard rm. • Mar. 7, 14 & 21
$999 Add taxes & other fees: $131

CUBA | Varadero
Allegro Varadero ❀❀❀
Superior rm. • Apr. 3 - 17
$1069 Add taxes & other fees: $155

CUBA | Santa Clara
Meliá Las Dunas ❀❀❀❀½ PRIVILEGES
Standard rm. • Mar. 5 - 19
$1279 Add taxes & other fees: $155

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀½ PRIVILEGES
Junior suite • Mar. 1 - 22
$1199 Add taxes & other fees: $183

DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Ambar, Don Pablo collection ❀❀❀❀❀ PRIVILEGES
Junior suite • Mar. 15 - 22 • ADULTS ONLY
$1299 Add taxes & other fees: $183

IBEROSTAR HOTELS & RESORTS
AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

CUBA | Varadero
Iberostar Playa Alameda ❀❀❀❀
Standard rm. • Apr. 3 - 17
$1299 Add taxes & other fees: $155

CUBA | Varadero
Iberostar Laguna Azul ❀❀❀❀½
Standard rm. • May 7 & 14
$1439 Add taxes & other fees: $155

Iberostar Laguna Azul

USA | AIR & HOTEL

NEVADA | Las Vegas
Excalibur Hotel & Casino ❀❀❀½
Hotel rm. • Apr. 3, 4 & 5 • 3 nts.
$399 Add taxes & other fees: $119

HAWAII | Maui
Aston Maui Lu ❀❀
Standard garden view rm. EZ deal • Apr. 6 & 11 • 1 wk.
$929 Add taxes & other fees: $118

EUROPE | AIR & HOTEL • BREAKFAST • 4 NIGHTS

ENGLAND | London via Toronto
Hotel Ibis London Earls Court ❀❀❀
Standard rm. • Mar. 23 & 24
RECEIVE COMPLIMENTARY TRANSFERS AND ACCESS TO MAPLE LEAF™ LOUNGE WITH PACKAGES TO LONDON[1]

$1019 Add taxes & other fees: $421

SPAIN | Barcelona via Toronto
Glories ❀❀❀
Double standard rm. • May 20

$1099 Add taxes & other fees: $350

EUROPE CRUISES | AIR & CRUISE

Book Celebrity Cruises[2] in Europe by Feb. 28 and

SAVE $150 per person

Valid for departures between Feb. 28 & Dec. 31, 2011.

IBEROSTAR HOTELS & RESORTS

CONNECT FREE[3] • Cranbrook • Edmonton • Fort McMurray • Grand Prairie • Kamloops • Kelowna • Lethbridge • Nanaimo • Penticton • Regina • Saskatoon

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Feb. 22, 2011, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Book by June 30, 2011. Valid for travel from Apr. 1, 2011 and completed by Dec. 31, 2011. [2]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Calgary. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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